



# Pre-Season Conditioning

## for Teenage Athletes



Are you a high school athlete? Do you want to maximize your athletic potential and be prepared for the upcoming season? If yes, then this program is specifically designed for you. This program focuses on plyometrics, core, and flexibility training, taught in small group sessions. You will develop core stability while at the same time build strength, endurance, and speed. Through these exercises you will improve your coordination and flexibility which will help prevent injuries. Upon completion of this program you will be prepared to start the season and exceed your goals.

**High School:** Mon and Wed: 8 – 9 a.m.  
**Jun 21- Jul 28** (Class on Fri 9 Jul in lieu of Mon 5 Jul)  
**Where:** Outdoors  
**Cost:** \$130.32 (\$120 + tax) for 12 sessions  
**Contact:** Megan Livingston [meganl@island-fitness.com](mailto:meganl@island-fitness.com)

### Registration Form

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Participant Name \_\_\_\_\_ Age \_\_\_\_\_

Parent / Guardian \_\_\_\_\_ Member? \_\_\_\_\_ Y \_\_\_\_\_ N \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Amount paid \_\_\_\_\_ Payment method \_\_\_\_\_

Date paid \_\_\_\_\_ Received by \_\_\_\_\_